

**Abstract**

5 A system and method of communicating between nodes in an ad hoc polling based communication infrastructure such as a Bluetooth system. Frames on a link between two nodes are designated as checkpoint frames on which each of the two nodes checks for presence of the other. Based upon factors such as attendance or absence of the checkpoint frames and usage of the link, one or the other node can adjust the node checking intensity and the other node follows suit in accordance with predefined rules. The checkpoint frames can either be periodic or pseudo random.